Southern Cross Country League

RACE 1: BENYONS INCLOSURE

11am Sunday 25 OCTOBER 2026

Benyons Inclosure: Basingstoke and Mid Hants Athletic Club invite you to Benyons Inclosure, a privately owned woodland plantation, seven miles north of Basingstoke. We are grateful to Englefield Estates for allowing access. The race is an 8.4km circuit of ancient woodland and heath. This is a trail race, so expect an uneven surface at times. Spikes are not recommended due to gravel sections. There is a chance of horse riders being present in the woods and any horse riders must be given priority.

Directions and Parking: Please use Post Code **RG7 2PH** to the main car park, or https://w3w.co/fuse.fled.certainty. Parking will be on the large playing field alongside the village pavilion. Car park entry will be £5 per car, cash or credit card, with all proceeds going to Silchester School. Note that all cars must be off the grass field by 1.30pm please. If you are going to the pub, or for a post-race walk in the forest, **please move the car before then**.

Unaffiliated Athletes: It is a pre-condition of our race licence from England Athletics that EA-affiliated athletes can participate at no extra charge (race insurance is a benefit of EA affiliation). Non-EA athletes can compete in an EA-licenced race only on the condition that they are identified in the race results, and a £2 levy is remitted for each **on the day**. To monitor this, the RACE RESULTS submitted by each Team Captain will include an additional column, where a tick is needed alongside any runner identified as non-EA, and £2 must be submitted for each of them.

Race Start: The race will start at 11:00am. The Start and Finish is an 8-minute walk from the parking field. If you have a club flag or gazebo, please position it away from the main track in case it spooks horses. The RACE RESULTS envelope will be available for Club Captains to collect at the Race Start, from our Results Officer.

Race Finish: At the end of the race, in the Finish Funnel, runners will be given a token that identifies their finish position. Please ensure this token is given this to your Club Captain asap. This is how SCCL work out the team results on the day. Would all Club Captains ensure that they give the completed team RACE RESULTS envelope to our Results Officer when you have all the tokens for your runners and include all tokens and any £2 levies. He will be at the finish line.

Facilities at Race HQ: There will be catering at this event! We plan to offer tea, cakes, and a hot sausage in a roll (including vegetarian option). This will be available from the Pavilion (close to the Parking) after the race, at a cost of £5 per person. Cash or Credit Card. If you have your own mug for tea, that will help, but don't worry if not.

First Aid: First Aid will be available at the start/finish supplied by Collingwood Medical Services.

Toilets: There will 6 portable cubicles near the start line.

Competition Rules: All runners must wear their club vest to compete in the race. A reminder that you are too fast for the Southern Cross Country League if you have run a similar race at 5:30 minute mile pace (men) and 6:00mmp (women) in the past 12 months. Full race rules at https://www.southerncrosscountryleague.co.uk/rules.aspx The race is held under UKA rules. NOTE that due to new EA age group rules, this race is open to any club runner that is in the U18 category or above, i.e., was born on or after 31 August 2011. This is a change from the rule in previous seasons, and we welcome these younger runners.

Race Enquiries: tim.fowler@hotmail.co.uk, 07595 486930.

Enjoyed the race? Please support BMHAC by entering **The Hampshire Hoppit** 2027 trail half or full marathon, or 10k. Entries open at https://hampshiretrailmarathon.co.uk/. Online entry includes discount offer on Bridgedale trail socks.